

Dr. Jack Kruse on light and Cancer

People who complain they have no time or wish they could control how they spend their time to do what they should are stuck in a low dopamine state because of the light they live under. Few of them are aware of the implications. Here is how it works: Know how to get the most results in the least amount of time. That's the ultimate aim of productivity skills. Black swans (a name given to those that follow Dr. Jack Kruse) know we all have the same amount of time in a day so when somebody tells you they do not have time to do something they have a made choice with their time to do something else. In the age of information, ignorance of the wisdom of reality and nature is a choice. With that said how come equatorial Africans never seem to get cancers on the equator when they make the daily choice to be in the strongest sun on the planet possible, but people who have no time because they are working under fake light and nEMF seem to get all cancers, and especially the worse types?

WHY HAVE YOU NEVER ASKED YOURSELF THIS QUESTION as you put your make up on in the mirror or put your suit on and read your mobile screen on the subway to go to your 8-12 hour job under blue lights only to return at night and flip more LED lights on when you get home. DOES this happen to any other mammal in nature or is it unique to silly talking monkeys who are slaves to money and employment? It is a rhetorical question mind you.

Ever wonder why Equatorial Africans in their native environment rarely see cancers? Read the link attached.

It turns out UVB light exposure is inversely correlated with 24 different types of cancer INCLUDING MELANOMA (a common skin cancer)! Tell that to the dermatologists! They'll argue with you because they need your return visits.....and they know you'll need them because YOU THINK YOU HAVE NO TIME FOR YOURSELF EVERY AM when the healer comes up into the sky.

The equator is abundant in UVB/UVA light year round, and their light cycle never changes. It's 12 hours daylight/12 hours darkness every single day. The Africans wake up to the sunrise and fall asleep after sunset. Circadian rhythms are intact. Their regenerative abilities are optimized. WHEN YOU'RE SICK.....this is the BEST type of redox healing one can get. And it is FREE if you make the time choice. Most will say this is not a PRACTICAL solution of my TIME. THAT IS THE CHOICE the IGNORANT make daily.

UV light = LIMITS melanopsin dysfunction = optimizes Vitamin A function = optimized Vitamin D levels for your light choices + better melatonin + better

dopamine = better chance you'll sniff optimal = WAY OF THE BLACK SWAN. The sun is the most powerful healer and regulator of wellness. It cannot be replaced by anything ESPECIALLY man-made lighting! Time to stop burying the sun in your life. THIS IS YOUR CHOICE. OWN IT. STOP BEING A VICTIM and telling yourself you have no time to do what nature requires of you. Nature does not care about your feelings or emotions on the topic either. We will save time looking for tangible cures. You cannot patent sunlight. It is free for all willing to embrace nature. Now let me put my glasses back on.....I don't need any more of nature's wisdom in the light of my eyes to share with people who choose to waste their time in the WRONG light and blame their results on CIRCUMSTANCE. Nature could care less about your choices.....but if you ignore her she'll make you pay the largest bill of your life in DISEASE. BET YOUR LIFE ON IT. <https://www.ncbi.nlm.nih.gov/pubmed/22213311>